



#### SHARP EATS:

Garnish galore! Five Caesars that drink like a meal **P. 24**

#### GARDENING:

Passion flowers surprisingly easy to grow in Saskatchewan **P. 32**

#### ON THE SCENE:

Feast for the Eyes Caribbean party supports Art Gallery of Regina **P. 34**

# CAMPING WITH CAMERAS

JASON RISTER'S FILMMAKING BEGAN AT A DAY CAMP, AND THERE ARE ALL KINDS OF CAMPS FOR KIDS TODAY **P. 4**



FREE

The biggest thing to come to Saskatchewan in 65 million years!

# DINOSAURS UNEARTHED

**Life-size animatronic dinosaurs!**

*Dinosaurs Unearthed* features 14 life-size roaring, moving animatronic dinosaurs and 22 fossils from across the Jurassic and Cretaceous periods. Your favorite dinosaurs such as Velociraptor, Triceratops, Tyrannosaurus rex, and more — like you've never seen them before!

Interact with the dinosaurs in person and through the augmented reality tablets and 'Make Me Move' exhibits. Then dig for your own fossils!

Come to the Saskatchewan Science Centre and experience *Dinosaurs Unearthed* during your visit to Regina!

**See it before September 28th!**



**SASKATCHEWAN  
SCIENCE CENTRE**

*Real science. Real fun!*



2903 Powerhouse Drive • 306-791-7914

[sasksciencecentre.com](http://sasksciencecentre.com)

# INDEX

## # ON THE COVER P. 4



Students will get a chance to explore the Seakatoheewen Secrets Centre during its summer-day camp. **BY FLEETWORTH FOR ARTS**

## # TABLE OF CONTENTS

### ON THE COVER — 4

The summer camp round-up of the best spots for your kids in the city and province

### IN THE CITY — 28

A moment in time: Photographer Michael Bell defines the week

### READ MY DECK — 22

Ruthie Mineev's Art of Immersive Soundscapes

### SHARP EATS — 24

Five Canadians that drink like a moat

### ASK ELLE — 26

### EVENTS — 28

What you need to know to plan your week

### OUTSIDE THE LINES — 38

Artist Stephanie McKay's weekly colouring creation for kids of all ages

### GARDENING — 32

Thousand flowers surprisingly easy to grow on the Prairies

### CROSSWORDS/WORDK — 33

### ON THE SCENE — 34

A Feast for the Eyes Caribbean party supports the Art Gallery of Regina

### WINE WORLD — 35

Refreshing fun: wine made close to home

## # SHARP EATS PG. 24



The Caesar is a truly Canadian treat. But is the modern version a cocktail or a meal? **QC PHOTO BY JENNA GAUPE**

## QC COVER PHOTO BY DON HEALY

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor-in-chief. Heather Peterson-managing editor. Jenn Sharp-associate editor. For advertising inquiries contact 781-6521; editorial 1-855-648-6557; home delivery 781-6520.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 1-855-648-6557.

# ON THE COVER

I'm basically in film because I took this film camp... — Jason Rister

## # SUMMER ACTIVITIES

### A summer camp guide



Jason Rister attended the Saskatchewan FilmCamp Cooperative camp as a teenager. This summer he's an instructor at the camp, so he can share what he

#### By QC staff

Jason Rister has his cousin to thank for his introduction to the Saskatchewan FilmCamp Cooperative, the camp eight years ago.

He was a 15-year-old interested in film — YouTube was brand new, after all. But his cousin Dylan Roth was getting married that summer, and she wanted him to shoot her wedding video.

Rister, living on his family's farm in Vangelton, was happy to oblige.

For a week in July, he roomed at Roth's house in Regina while shooting the day camp, which consisted of his doing it, pursuing his film career

"I would have still been testing the waters" without the camp, said Rister, now 33. "It kind of drives you in the deep end, but I found it a really rewarding experience and that really motivated it for me."

Rister finished his film and video professor studies last April at the University of Regina and is now working as a freelance filmmaker.

He is also one of four instructors at this year's FilmCamp.

He thought the position would be a good way of giving back.

"I'm basically in film because I took this film camp when I was younger, so I felt like I kind of owe the FilmCamp and I owe it to the

next generation of kids who have an interest in filmmaking and the arts," said Rister.

The camp, now in its sixth year, teaches students about shooting, lighting, sound recording and editing, while working in a variety of genres (documentary, experimental, animation and narrative).

Unlike many other specialized summer camps, film is the sole activity on the table here. The end goal is a screening at the Regina Public Library (RPL) Film Theatre on the last day of camp.

In Rister's year, he directed the camp's narrative film.

All of the students in the camp

(28 this year — it's small, it means more participation) have a role on the crew, but the person with the coolest idea goes determined by the group gets to direct the film.

"I didn't really have creative ideas so I intentionally came up with an idea that was very very vague with the hopes that people could like it," said Rister. "And it worked."

They ended up shooting a fight scene in Victoria Park.

"I instantly remember doing one of the takes and laughing so hard at what we just filmed, that that was the moment I decided I wanted to stay with film."

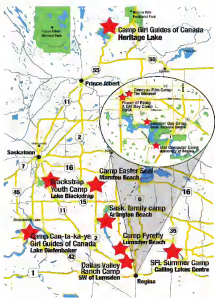
Rister has come a long way since then. He lists narrative storytelling as one of his strengths — proof, he won the best narrative award at the Loving Stories Shakedown Film Festival in March for his film *Isis*.

He also works behind the camera as filming, editing and colour correcting.

For the record, Rister did a bang-up job with his cousin's wedding tape.

"I had fun with it [camp] gave me a few ideas — instead of your typical, Sunday member shooting a wedding video — shaky cam style. I tried to spice it up and tried to have a little better quality."

# LOCAL CAMPS



**CONEXUS FILM CAMP**  
July 7-11 at the Filmpool, 301, 1622 16th St.  
For youth aged 13 to 17  
[www.filmpool.ca](http://www.filmpool.ca)

**SASKATCHEWAN SCIENCE CENTRE  
SUMMER DAY CAMPS**  
July 7-Aug. 8 at the Science Centre, 2003 Powerhouse Dr.  
For youth aged 6 to 18  
[www.sasksciencecentre.com/edprograms/daycamps.html](http://www.sasksciencecentre.com/edprograms/daycamps.html)

It's fun to learn at the Science Centre. The day-camps, with four themes to choose from, take that to the next level. Explore design and engineering in the Creative Side of Science. Learn about and ecology and dinosaurs in Dig the Past. Earth's diverse environments are the subject of Extreme Biosphere. Food, from source to destination, is the focus of Yucky and Yummy. Each day-camp runs for a week and mixes things up through exhibit exploration, science challenges, an outdoor activity and other fun things.

Continued on Page 8

PRESENTED BY: **YARA**

## 10<sup>TH</sup> ANNUAL PLYWOOD CUP



**TUESDAY, JULY 1, 2014  
WASCANA PARK**

[WWW.REGINAPROGRESS.COM](http://WWW.REGINAPROGRESS.COM)



**BOAT  
BUILDING**  
12:00 PM

**BOAT RACE  
ACROSS  
WASCANA**  
2:30 PM

WASCANA SOCIETY



**SPONSORS:** **k-s**

K+S Polymers Canada

LEADER POST



# LOCAL CAMPS



The Dinosaurs Unearthed exhibition will be incorporated into the Day Camp summer day camp at the Saskatchewan Science Centre. (PHOTO BY ERIN HOGAN FOR CP)

## POWER OF BEING A GIRL DAY CAMP

July 7-20 at YWCA  
For girls aged 7 to 12  
Applications closed: [www.ywcasinia.com](http://www.ywcasinia.com)

Empowerment is the aim of this girls-only day camp. Sure, the Big Sisters' run-camp offers fun activities like rock climbing, peer mentoring and swimming. But girls will also learn a lot about self-esteem, healthy relationships, dating discrimination, body image, bullying and internet safety, which will help them make wise choices long after camp is over. The five-day day camp includes field trips to places like Level 10 Fitness, Paper Crane Community Arts Centre, Isaac Park and Willow Island.

## COMPCAMPS

July 7-18 at the University of Regina  
For youth aged 12 to 17  
[compcamps.com](http://compcamps.com)

If you like computers, this is the perfect camp for you. Hosted by Mentor Systems Inc., since 1992, these five-day camps are designed for youths who like a challenge and enjoy technology. Working individually and in small teams, campers will learn webpage design, programming, graphic design, 3D modelling and video editing. But the whole camp doesn't involve a computer screen — other activities include Laser Quest, swimming, Mario Gaming and a barbecue.



## DRIVING TOURS OF "DEPOT" DIVISION. WHERE ALL MOUNTIES ARE TRAINED.

- Audio tours of the exhibits from the perspective of Canada's most famous Mountie, Sam Steele.
- Feature Exhibit: "Women in Scarlet: 40 Years of Women in the RCMP"
- Live Events at "Depot" Division — Sgt. Major's Parade Monday to Friday at 12:45 p.m. and Sunset Ceremonies every Tuesday starting Canada Day at 6:30 p.m. with Pre-Show at RCMP Heritage Centre at 5:45 p.m. (until August 12).



RCMP  
HERITAGE  
CENTRE

LE CENTRE DU  
PATRIMOINE  
DE LA GRC

RCMP Heritage Centre | 5907 Dewdney Avenue, Regina

[WWW.RCMPHERITAGECENTRE.COM](http://WWW.RCMPHERITAGECENTRE.COM)

Driving Tours proudly sponsored by:

Stay In  
Regina  
.com

Audio Tours proudly sponsored by:

Mosaic

# LOCAL CAMPS



Several years ago, Kim Nguyen (right) was a student at the SGL CompCamp. Now he is one of its mentors as a high schooler. (Left) SGL campers work on computers. (Right) SGL campers work on computers. (Left) SGL campers work on computers.

## PLAYSCAPES

July 2-Aug. 15 at various schools and neighbourhood centres in Regina  
For youth aged 5 to 13  
Drop-in, call 308-777-7032 for information

If you can't commit to a full week at camp or even a full day at camp City of Regina PlayScapes might be perfect for you!

Kids learn valuable skills — like fostering imagination and positive self-image — and to be physically active — during self-directed play (a leader is present at all times). Lunch is provided at some of the sites through a partnership with REACH (Regina Education and Action on Child Hunger).

sion), but in recent children will have to be picked up during lunch, which is unsupervised.

## LUMSDEN BEACH CAMP

July 2-Aug. 24 at Lumsden Beach Camp, 50 kilometres northwest of Regina  
For youth aged 5 to 16  
www.lumsdenbeachcamp.com

The poems and songs may have changed in 100 years, but at its heart, Lumsden Beach Camp is still the same place (it was when it was founded). Ranging from three to eight days, all of its programs are about building community, getting up close with nature and developing leader-

ship skills. In addition to regular activities like swimming, dancing, archery and cookouts, older campers can choose a focus. There's an arts camp (with more visual arts, drama and music activities), a construction camp (in which they'll design and build two cabins) and an outdoor adventure camp (wilderness survival focus).

## SGL SUMMER CAMP

Aug. 10-16 at the Calling Lakes Centre in Fort Qu'Appelle, 75 kilometres northeast of Regina  
For children of union members aged 13 to 16  
www.ufsa.ca/events/summer-camp

Though it includes beach time, tubing, crafts and games, the summer camp has a larger purpose — as you might have guessed, considering its host is the Saskatchewan Federation of Labour, which founded the camp in 1968. During the six-day overnight camp, young people will discuss and explore issues in social justice and equality surrounding human rights, solidarity, agency, social justice, leadership and more. They'll develop skills in organizing, problem solving and decision making.

On the second day of camp, the students negotiate a collective agreement — including articles about bud times, allowance for electronic devices and duration of the dance on the last night of camp.

"The youth have a voice at this camp," said camp co-ordinator Sarah Gbarr. "It's empowering."

Gbarr was 13 when she attended the first of her four years of SGL camp. She has seen the camp co-ordinator since 2010.

"The camp empowered me at an age where I was trying to create my own identity. It taught me that I had a voice and that I was important." Gbarr credits the camp with her current career path — she is pursuing a justice studies degree in university.

"[The camp] showed me that I wasn't alone in wanting to fight for justice and equality of every person," she said.

Continued on Page 8

# PROVINCIAL CAMPS

## CAMP PLYMPLY

Aug. 1-4 at Lumsden Beach Camp  
For youth between 14 and 24  
Applications close June 20 [www.campplymply.ca/education/plymply](http://www.campplymply.ca/education/plymply)

Express yourself this summer at a fun social network.

Founded in 2004 as a friendship community project, Camp Plymply is designed for social minority and gender-variant youth.

J. Mack is the artist-in-residence for this year's camp. The self-described "toxic/homophobic/ass-hell poet" with a capitol (P) is based in New York City. Mack will lead workshops that encourage creative expression and visibility. Other workshops focus on aboriginal two-spirit and transgender issues, plus a variety of other topics.

Camp Plymply is a safe place where youth can build leadership skills, self-esteem, life and personal understanding while enjoying the great outdoors. Camp programming is developed in part by a youth advisory committee, and older youth help to recruit and support the younger campers.

\*\*\*

## DALLAS VALLEY RANCH CAMP

June 24-Aug. 26 southwest of Lumsden

For youth aged 9 to teenagers

Applications accepted in February on a first-come, first-served basis. There's still room in the 2011 camp. [dallasvalleyranch.com](http://dallasvalleyranch.com)

If you have a horse-crazy child in the house, the Dallas Valley Ranch Camp is one of the best places to let the genie loose.

The ranch caters to a range of ages and skill levels, including a barrel racing camp for girls. The western-themed camp includes an overnight ride along through the Badger Creek Valley.

This offer a variety of other camps, without a riding focus, for children and teens. All camps include a personal aspect. There are even adventure and firearms safety camps. Sports camps are held southwest of Regina in partnership with Milieu College in the fall. In September, an adult reunion is offered.

\*\*\*

## BLACKSTAR YOUTH CAMP

July 6-Aug. 11 at Lake St. Ignace camp



Horseback riding is one of the activities at Dallas Valley Ranch Camp. QC PHOTO BY ERIN L. SCHMIDT

For youth aged 9 to 13

There's still room available in many camps. [campblackstar.wca.com/blackstar-camp](http://campblackstar.wca.com/blackstar-camp)

Blackstar Youth Camp started in 1972 to offer kids a week of swimming, camp fires, canoeing, archery, cooking classes and craft projects. The camp is reasonably priced and features different themes each week like (last from the Past and Welcome to the Jungle. Don't forget to bring your own meal bowl — you can expect nightly camp fires and great stories.

\*\*\*

## CAMP CAN-TA-KA-YE AND HERITAGE LAKE CAMP

QIN, GUIDES OF CANADA

Can-ta-ka-ye: Three camps in July and August for girls aged 5 to 16, on Lake Defenbacher near Brixey.

Registration: [girlsguides.sk.ca/Camping/Cantakaye/](http://girlsguides.sk.ca/Camping/Cantakaye/)

Heritage Lake: Available for Girl Guide or Scouts campers and their affiliates and October, north of Cando Lake.

Reserve your time at the camp with Girl Guides of Canada Saskatchewan Council: [girlsguides.sk.ca](http://girlsguides.sk.ca)

Can'ta-ka-ye is open to all girls both members and non-members who want to meet new friends while having enjoyable outdoor camping activities in the peaceful woods near Lake Defenbacher. A mother's guidance camp in July is aimed at younger girls

while an outdoor skills camp in August is aimed at older youth. The camp opened in 1999.

The first Girl Guide camps were held at Little Sandy Lake in 1960, which was renamed Heritage Lake in 1966. Designed for wilderness stewardship programs and self-planned programs, campers and their leaders often take overnight canoe trips.

\*\*\*

## D-CAMPS: SASKATCHEWAN CHILDREN'S CAMP

July 21-Aug. 1 at Camp Eskder Seal in Manitoba South. Family camps run in Regina, Saskatoon and Arlington Beach.

For youth aged 7 to 14. Registration at: [damps.ca/camp/](http://damps.ca/camp/)

## saskatchewan-family-camp

Operated by the Canadian Diabetes Association, D-Camps began in 1953 and are now in nine provinces. Children living with type 1 diabetes can enjoy a week at camp and parents can feel assured their needs will be monitored by a team of trained medical professionals. Apart from the usual camp activities kids also learn about managing diabetes while benefiting from others' experiences. Empowering kids to manage diabetes is a big part of the camp. Many alumni say the camp was the first time they administered their own insulin. A three-faced program, plus limited for siblings, make the camp affordable for all families.



# CORNWALL CENTRE

## THE HEART OF DOWNTOWN REGINA

For: P. Specialty Products



For over 30 years, the Cornwall Centre in downtown Regina has been a destination for customers to shop, eat and socialize. It has become a staple in the Regina landscape, though it's possible that not everyone in the city realizes just how much the shopping centre now offers.

"If you haven't been to Cornwall Centre for a while, you might be surprised by all of the changes," said Doug Knack, general manager of the Cornwall Centre. He explained that the shopping centre has added 16 businesses in the past three years, including both retail and dining options. In the past year alone, Cornwall Centre has brought in Sephora, Bath & Body Works, Lush, more franchises and Premiere. All are well-known franchises to walk past any store on the original and the Bath & Body Works centre was the first in Saskatchewan.

The food court, too, has seen its share of changes. This past year, the Cornwall Centre brought in Fossil, and the last year prior saw the addition of Tolo's Patisserie Patisserie and Zeno Zeno Wings. "Franchise and Zeno Zeno Wings specializes in South American food, and we have those old favourites like the ones that will live traditional food court centre," said Knack.

The variety of options available in the food court has been a major attraction for shoppers. Knack explained that the food court draws a significant amount of business that will live shopping centre during the week, and that a product over \$10 million in food sales weekly.

The reason so many popular retail and dining brands have been coming to the Cornwall Centre, said Knack, is the shopping centre is a high-profile retail. "We're supposed to be shopping in this industry, and we're probably the only one that has elevated our profile to a point where they're market leaders are calling on instead of us having to go to them," he said. "We have many brands and retailers knocking on our door." We're looking at the

probability of shopping centre across Canada, the Cornwall Centre ranks in the top 10.

In addition to changes in its retail offerings, the Cornwall Centre has also started to parking to encourage shoppers to visit downtown. While the cost of parking in the shopping centre's two parking lots in January, the lot fees are still under the same. A desirable parking option for shoppers in the city's downtown core. Changes to the daily parking fee opened up more space for shoppers' vehicles.

"Often, people who don't work downtown tend to only visit from downtown, as they believe it's not a place to park. This past year, we've seen us taken steps to ensure our shoppers have a place to park," said Knack. These steps include:

- The per hour parking rate is the same as the per hour cost of parking at a meter.
- Free parking for shoppers after 5 p.m. on weekdays, and on Sundays and holidays.
- The maximum parking charge for shoppers is only \$4 an hour, so you can shop as long as you like.
- A designated "family zone" for parking on level P2 of the Saskatchewan Office parkade.

Shoppers who choose to park in the parkades enjoy the following value-added amenities and services:

- Free access to the washroom.
- No metering.
- No waiting about your meter waiting or for a car for long line.
- Cornwall Centre Security patrol the parkades, offering an added level of personal security and protection.
- Convenient access to covered parking to the shopping centre.

The changes in parking and new additions to the shopping centre create a welcoming environment for shoppers.

Knack said that the Cornwall Centre has seen a rise in customers over the past year, as well as more shoppers who stop by after work during the week.

Customers can also choose to the centre hold in the shopping centre throughout the year. An example of one of two events are held in the Cornwall Centre each week that they help from needed events — like a charity drive — to larger community events, such as the 25th Anniversary of the Regina Food Bank's CANADIAN CONSTRUCTION event.

"We play a big part in the community we serve and we're proud to be a community supporter," said Knack. "We offer our space for various charitable or business, non-profit organizations and community events."

The result of this support has been immediate. Organizations who have their events at the Cornwall Centre in 2015 collectively raised over \$1 million in support of various charities. Fundraising of community events not intended to raise money — such as Mother's Day event — received plenty of exposure because of the number of people who came across them while shopping. The shopping centre also partners with various organizations, including Saskatchewan Food Bank, to offer help to food banks outside of the shopping centre's doors.

The Cornwall Centre is proud to be a major player in Regina. Both its southern Saskatchewan's downtown business shopping centre and as a community partner. More information about the Cornwall Centre can be found at [www.cornwallcentre.ca](http://www.cornwallcentre.ca).

REGINA • 1000 CENTRE STREET • 4S6 1A1



FREE PARKING AFTER 5 PM  
AFTER ALL, CITY BUSINESS  
\$4 DAILY MAX OVERSTAYERS

Cornwall  
CENTRE



# SUMMER CAMPS

## # SUMMER CAMP ESSENTIALS

Get your bags packed for camp? Don't leave home without these essentials:

- HAT:** Look and stay cool while you protect those precious peepers from the sun. Bonus for parents — hats are harder than sunglasses.
- FLASHLIGHT:** Afters of the dark? Nobody has to know about it — just sleep with your handy flashlight close by for nighttime bathroom excursions.
- SLEEPING BAG:** If it's your first time away from home, an outdoor bag is the perfect place to hold your favorite teddy bear or blanket without looking like a clump in front of your sister's mates.
- BAG-OF-GANDY:** A great bathroom chip especially if you want to score the top bunk or get out of doing dishes.
- SUNSCREEN AND BUGSPRAY:** Nobody likes the stinky bees so let her up! And keep the pesky insects in bay too. Tip to the pros: Aerosol bug spray can double as bear mace if you can spray it in his eye.
- WEEMIE: BOATING STICK:** Most camps should supply this essential but in case they don't, it's always good to have one around. Just don't get locked out of camp for beating the stick like a sword.



Callings, Tenba, 13, and Mike, 14, are ready for summer camp. QC PHOTO BY MICHELLE BOGGS

**MUTCHMOR LODGE** Senior's Live for Less. A safe comfortable environment including:

- Suite and individual rooms
- 2 Nutritious meals and snacks served daily
- Realigned dining room seating
- Light housekeeping daily
- Laundry facilities
- Staff on site 24 hours a day
- Planned daily recreation
- Paved, heated winter included
- Wheelchair accessible

Visit us at: **328 Century Crescent**, Regina, SK, S4T 0A6  
Phone: 306-250-8594 Fax: 306-512-7160  
www.mutchmorlodge.com

Little available now as low as \$1,312.00 per month

**SNAP QUEST MS.**

3 teammates, 2 hours, 1 smartphone, and YOU. Enter a team, face the challenges and picture a cure to end MS.

[snapquestms.ca](http://snapquestms.ca)

**BIG DOG 127**

**BEER LIPS**

**MS**

**Renovation Experts You Can Trust!!**

**GH FLOORING**

RESIDENTIAL & COMMERCIAL  
Carpet • Lino • Tile • Hardwood • Laminate  
INSTALLATION GUARANTEED

Experts in Insurance Claims • Complete Renovations  
Cabinets • Drywall • Painting • Doors • Windows • Flooring & More

(306) 779-2456 1219 Park Street (306) 550-4527  
www.ghflooring.com Regina, SK cdflooring@shaw.ca

**CREDITORS CALLING?**  
Let BDO help you get on the road to financial stability

**Terri Hagen, Estate Manager**  
380 - 7814 Semlar Street  
Regina SK S4P 0A6  
Tel. 306-944-8822  
Local call in SK 710-0016  
[www.bdo.ca/bdo.ca](http://www.bdo.ca/bdo.ca)

Free and private appointments are available in Regina, Yorkton and Moose Jaw.  
Trusts in Kindredship | Credit Counseling | Proposal Administration

Regina office: 308 - 1000 Jasper Avenue  
Saskatoon office: 1000 - 10th Avenue

**BDO**



## MINOT'S A REAL TRIP!

**We're ready for you.**

Coming to Minot? We're really excited to hear it. For all you need to plan your trip, go to [visitminot.org](http://visitminot.org).

### **Discover the Magical City of Minot!**

Roosevelt Park Zoo  
Integrity Jazz Festival  
North Dakota State Fair  
Norsk Høstfest  
**See inside for details!**

# MINOT'S A REAL TRIP!

## We're ready for you.

### Three Great Choices When Visiting Minot, North Dakota!



2000 Burdick Expressway E  
Minot, N.D. 58701  
701.838.8264

#### Holiday Inn



Our newly renovated full service hotel features free wi-fi, premium channel HD TV, an indoor pool and free shuttle service. We have spent over \$8 million dollars to make the Holiday Inn the premier corporate, leisure or group destination in the area. Our hotel also boasts two restaurants and a spacious Lobby Bar. We look forward to seeing you soon!

### Minot Convention Center

The Minot Convention Center is connected to the Holiday Inn. Riverside and offers over 23,000 square feet of flexible meeting space. Our main ballroom can seat up to 2,000 guests with state of the art lighting and sound systems. We also have over 750 parking spaces to make your convention, banquet, wedding, or meeting a rousing success. Special group rates are always available at all our sister properties. Let our seasonal catering and banquet staff plan your next event.



Visit Website



2000 7th Avenue SW  
Minot, ND 58701  
701.837.1200



Visit Website

Also newly renovated in 2014 this hotel features free wi-fi, premium channel HD TV, an indoor pool and complimentary hot breakfast. As the sister property of the Holiday Inn, great group rates exist for corporate and leisure groups utilizing the Minot Convention Center.



## Discover the “Magical City” of Minot

While visiting Minot, be sure to experience the many “magical” activities, events and places that the city has to offer. With so many historical and cultural attractions, Minot is sure to meet and exceed your expectations.

The Dakota Territory Air Museum, Railroad Museum, Sea Lion Depot Interpretation Museum and the Trade Art Museum are worth setting aside some time to visit. Visitors to Minot won't want to miss the foundation, Heritage Park.

The Minot area is also abuzzing with unique shopping opportunities. The city of Minot offers something for everyone, from the large retail stores to the unique specialty shops.

After spending some time taking in the more than 100 stores at the Dakota Square Mall, you can take a quick trip to Main Street and visit Minot's historic downtown shopping district. While you are there, you will find many unique and specialty shops including galleries, cooking shops, jewelry stores, specialty clothing shops, and much more!

After strolling around all the major shopping areas, you may be ready to kick up your heels at one of Minot's great live spots or take in one of the great events happening in and around town.

You may decide that you are ready to relax and enjoy a nice dinner. Minot boasts more than 30 restaurants so visitors are sure to find an establishment to match their tastes and budget.

Be sure to book your trip in advance so that you're guaranteed that a room is available at your favorite hotel! You can see our hotel availability right on our website at [minotconventioncenter.com](http://minotconventioncenter.com) and don't forget to see our coupon page before leaving your hotel room at [minotconventioncenter.com/coupons](http://minotconventioncenter.com/coupons).

To ensure there are no hiccups at customs before leaving for Minot, here are a few tips:

- Remember to keep proper documentation. Make sure everyone traveling with you has proper documentation for leaving Canada. If it's antibiotics, prescriptions and others are the best evidence against problems at the border.
- Visit a Canada Customs office to identify any vehicles you may want to take to Minot from home. Items like cameras, jewelry and polar photos can be recorded so that there are no problems coming back across the border.
- Also, remember to alert with Canada Customs if you plan to change or transport any part of your vehicle. If your vehicle breaks down while in Minot, the repairs must be declared at customs and you may not have to pay the duties. But if you improve your vehicle with special modifications (in other words, increase its value) Canada Customs has will no longer consider the vehicle Canadian.

For further information, or to request where visitors' packet including coupons, lists of restaurants, things to see and do and where to stay, contact Minot Convention and Visitors Bureau at 1-800-286-2626 or visit the website at [www.visitminot.org](http://www.visitminot.org).

**MINOT'S A REAL TRIP!** We're ready for you.

## Upcoming Events

**June 28**  
Acts in the Park: Voices of Mole  
Oak Park

June 28 to 30  
MSU Summer Theater  
See how they run  
MSU Jacobson Arena

To start in the actual, as I heard the students, as he telling the plot in this London but that at his house, and others are left in exhausted from laughter as though they had run a foot race. Gallop in and out of the four doors of an English village and an American actor and actress (he is a student of the war in the force in England), a colorful and a bit of a man, even to many American readers, an old maid who "teaches alcohol for the first time in her life" four men in a region with presenting the problem of which is which, for disordered as one is an escaped prisoner, and a subtle Bishop against all these things on and the house of studies

they tell him. See How They Run is produced through special Arrangements with Samuel Grouse.

All performances begin at 8:30 pm

Tickets:  
\$8 Adults  
\$7 Students & Seniors  
\$5 12 and Under  
\$3 MSU Faculty, Staff, Summer Students

For reservations call 858-5218 or  
June 8, 2004

June 27  
Hot summer night wine walk  
Downriver Motel

Stroll the streets of Downtown while enjoying wine tasting and scrumptious appetizers! Also, enjoy the talents of performing local artists in the big white tent outside the new Ratpoo! Tickets pre-sold at Coolbar For You starting Tuesday, May 21st at 7,30am. Tickets are \$10 (cash or check).

**June 28**  
**Integrity Jazz Festival**  
The 7th Annual Integrity Jazz Festival  
will take place Saturday, June 28, 2014.

Featuring: Cab Jivers and also  
Oleander Hot Club and Sunny Green  
Trio

June 29  
Arts in the Park: City Band  
Dusk Park

July 3  
Walk Minnet  
Nixon Plant Trail  
Enjoy a walk back in time at the  
Nixon Plant Trail! Wear shoes that are  
appropriate for walking gravel trails.  
Meet At the Trail Head

All studies are approximately 15 minutes. For more information, call 800.953.6444.

July 3  
Luna in the Park. Manuel Delgado  
Juli Park

study-4

**Zoo Run**  
**Roosevelt Park Zoo**  
 Begin your Independence Day with the Zoo Run and Walk!  
 Register now for the Annual Zoo Run & Walk 2014 at the Roosevelt Park Zoo! Registration begins at 8:45 am  
 1/3 Mile Trot Test starts at 9:00 am  
 2 mile walk, 5 mile run, and relay to follow

Register before June 15th and receive the early bird discount!

Patented in 1988, designed by a local student and is eligible for door prizes every 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th, 36th, 37th, 38th, 39th, 40th, 41st, 42nd, 43rd, 44th, 45th, 46th, 47th, 48th, 49th, 50th, 51st, 52nd, 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st, 62nd, 63rd, 64th, 65th, 66th, 67th, 68th, 69th, 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th, 101st, 102nd, 103rd, 104th, 105th, 106th, 107th, 108th, 109th, 110th, 111th, 112th, 113th, 114th, 115th, 116th, 117th, 118th, 119th, 120th, 121st, 122nd, 123rd, 124th, 125th, 126th, 127th, 128th, 129th, 130th, 131st, 132nd, 133rd, 134th, 135th, 136th, 137th, 138th, 139th, 140th, 141st, 142nd, 143rd, 144th, 145th, 146th, 147th, 148th, 149th, 150th, 151st, 152nd, 153rd, 154th, 155th, 156th, 157th, 158th, 159th, 160th, 161st, 162nd, 163rd, 164th, 165th, 166th, 167th, 168th, 169th, 170th, 171st, 172nd, 173rd, 174th, 175th, 176th, 177th, 178th, 179th, 180th, 181st, 182nd, 183rd, 184th, 185th, 186th, 187th, 188th, 189th, 190th, 191st, 192nd, 193rd, 194th, 195th, 196th, 197th, 198th, 199th, 200th, 201st, 202nd, 203rd, 204th, 205th, 206th, 207th, 208th, 209th, 210th, 211th, 212th, 213th, 214th, 215th, 216th, 217th, 218th, 219th, 220th, 221st, 222nd, 223rd, 224th, 225th, 226th, 227th, 228th, 229th, 230th, 231st, 232nd, 233rd, 234th, 235th, 236th, 237th, 238th, 239th, 240th, 241st, 242nd, 243rd, 244th, 245th, 246th, 247th, 248th, 249th, 250th, 251st, 252nd, 253rd, 254th, 255th, 256th, 257th, 258th, 259th, 260th, 261st, 262nd, 263rd, 264th, 265th, 266th, 267th, 268th, 269th, 270th, 271st, 272nd, 273rd, 274th, 275th, 276th, 277th, 278th, 279th, 280th, 281st, 282nd, 283rd, 284th, 285th, 286th, 287th, 288th, 289th, 290th, 291st, 292nd, 293rd, 294th, 295th, 296th, 297th, 298th, 299th, 300th, 301st, 302nd, 303rd, 304th, 305th, 306th, 307th, 308th, 309th, 310th, 311th, 312th, 313th, 314th, 315th, 316th, 317th, 318th, 319th, 320th, 321st, 322nd, 323rd, 324th, 325th, 326th, 327th, 328th, 329th, 330th, 331st, 332nd, 333rd, 334th, 335th, 336th, 337th, 338th, 339th, 340th, 341st, 342nd, 343rd, 344th, 345th, 346th, 347th, 348th, 349th, 350th, 351st, 352nd, 353rd, 354th, 355th, 356th, 357th, 358th, 359th, 360th, 361st, 362nd, 363rd, 364th, 365th, 366th, 367th, 368th, 369th, 370th, 371st, 372nd, 373rd, 374th, 375th, 376th, 377th, 378th, 379th, 380th, 381st, 382nd, 383rd, 384th, 385th, 386th, 387th, 388th, 389th, 390th, 391st, 392nd, 393rd, 394th, 395th, 396th, 397th, 398th, 399th, 400th, 401st, 402nd, 403rd, 404th, 405th, 406th, 407th, 408th, 409th, 410th, 411th, 412th, 413th, 414th, 415th, 416th, 417th, 418th, 419th, 420th, 421st, 422nd, 423rd, 424th, 425th, 426th, 427th, 428th, 429th, 430th, 431st, 432nd, 433rd, 434th, 435th, 436th, 437th, 438th, 439th, 440th, 441st, 442nd, 443rd, 444th, 445th, 446th, 447th, 448th, 449th, 450th, 451st, 452nd, 453rd, 454th, 455th, 456th, 457th, 458th, 459th, 460th, 461st, 462nd, 463rd, 464th, 465th, 466th, 467th, 468th, 469th, 470th, 471st, 472nd, 473rd, 474th, 475th, 476th, 477th, 478th, 479th, 480th, 481st, 482nd, 483rd, 484th, 485th, 486th, 487th, 488th, 489th, 490th, 491st, 492nd, 493rd, 494th, 495th, 496th, 497th, 498th, 499th, 500th, 501st, 502nd, 503rd, 504th, 505th, 506th, 507th, 508th, 509th, 510th, 511th, 512th, 513th, 514th, 515th, 516th, 517th, 518th, 519th, 520th, 521st, 522nd, 523rd, 524th, 525th, 526th, 527th, 528th, 529th, 530th, 531st, 532nd, 533rd, 534th, 535th, 536th, 537th, 538th, 539th, 540th, 541st, 542nd, 543rd, 544th, 545th, 546th, 547th, 548th, 549th, 550th, 551st, 552nd, 553rd, 554th, 555th, 556th, 557th, 558th, 559th, 560th, 561st, 562nd, 563rd, 564th, 565th, 566th, 567th, 568th, 569th, 570th, 571st, 572nd, 573rd, 574th, 575th, 576th, 577th, 578th, 579th, 580th, 581st, 582nd, 583rd, 584th, 585th, 586th, 587th, 588th, 589th, 590th, 591st, 592nd, 593rd, 594th, 595th, 596th, 597th, 598th, 599th, 600th, 601st, 602nd, 603rd, 604th, 605th, 606th, 607th, 608th, 609th, 610th, 611th, 612th, 613th, 614th, 615th, 616th, 617th, 618th, 619th, 620th, 621st, 622nd, 623rd, 624th, 625th, 626th, 627th, 628th, 629th, 630th, 631st, 632nd, 633rd, 634th, 635th, 636th, 637th, 638th, 639th, 640th, 641st, 642nd, 643rd, 644th, 645th, 646th, 647th, 648th, 649th, 650th, 651st, 652nd, 653rd, 654th, 655th, 656th, 657th, 658th, 659th, 660th, 661st, 662nd, 663rd, 664th, 665th, 666th, 667th, 668th, 669th, 670th, 671st, 672nd, 673rd, 674th, 675th, 676th, 677th, 678th, 679th, 680th, 681st, 682nd, 683rd, 684th, 685th, 686th, 687th, 688th, 689th, 690th, 691st, 692nd, 693rd, 694th, 695th, 696th, 697th

**July 8**  
Arts in the Park: Massive Deleuzian  
Club Study

Index

Walk Oak Park to see its full summer glory.

All walks are approximately 45 minutes. For more information, call 708.657.6548.

July 8 to 12  
MSU Summer Theater  
Monty Python's Spamalot  
MSU Jambassadors

Continued on Page 16



Miles from where you live.  
Close to how you live.

Visit [Hydrex.com](http://Hydrex.com) and track your shoe print offer code online.



HYATT  
HOTELS

## Heading To The USA?



Duty Free

Work across

**Don't miss out on your great tax savings (before you go) at the North Portal Duty Free Shop.**  
Great Selection of Canadian products at great savings.

**YOUR 48 HOUR EXEMPTION IS NOW \$800.00**



**NORTH PORTAL  
DUTY FREE  
SHOP**

Box 90, North Portal, Sask.  
306-927-2995

**10% OFF**  
ANY ONE  
REGULAR  
PRICED ITEM!

In effect until August 20<sup>th</sup>, 2014

Coupon must be presented at  
time of purchase

**CLIP & SAVE**



# MINOT'S A REAL TRIP! We're ready for you.

## Upcoming Events

Continued from Page 14

July 20

**Arts in the Park: BMF Band Oak Park**

July 24

**Arts in the Park: The Barrio Company Oak Park**

July 27

**Arts in the Park: GreenMan Band Oak Park**

July 31

**Arts in the Park: Mente Mogen**

Aug. 3 to 5

**Hunting Expo Oakdale Square Schools**

Aug. 2

**MAHC 4th Annual 5K Charity Fun Walk/Run Oak Park**

Join the fun! The MAHC 4th Annual 5K Charity Fun Walk/Run

event, scheduled August 2, 2010 at Oak Park Shelter 89. Registration starts at 7:30am. This is an "all runner's race" (participants not put into divisions). It's a great way to test yourself against the whole field while supporting a worthy cause! Contact the Minot Area Handicapped Coalition Inc. for registration information. Please note that this is a non-competitive charity event to aid the MAHC. There are no prizes other than promised or implied to those who participate. Check us out on Facebook for event information!

Aug. 5

**Arts in the Park: Dakota Rose Band Oak Park**

Aug. 8

**Refreshal Night Out North Hill Soccer Complex**

The Minot Police Department will be teaming up with Target and many other community agencies to host the annual National Night Out. The community event will be held in order to promote

public safety and give recognition to those individuals and agencies who keep our community safe. There will be face games, food, music, face painting, many inflatables, a dunking booth, 50/50 the draw, educational booths and law enforcement special equipment displays. Last year's event proved to be an excellent community safety event as attendance reached 3,000 in the North Hill Soccer complex. (1200 block of 21 Ave N80)

Aug. 7

**Arts in the Park: At the Hop Oak Park**

Aug. 9

**Give360 Color Dash 5K**

The Give360 Color Dash 5K is coming to Minot with proceeds going toward the preliminary planning of a local children's museum. As this is a family friendly non-competitive event, participants will run through a hazy maze of color at each Minot area crossing intersection and laugh as they race to count.

Aug. 13

**Great Tomato Festival State Fair center festival**

The Great Tomato Festival was established in 2003. It is an annual, indoor summer garden party with a classic Band menu of Minot's Salsa and Chips, Roasted Tomatoes, Hot Sauce, Roasted Tomato Hoes, focaccia, Roasted Pork Chops, Tomatoes & Cucumbers Salad, Roasted Tomatoes stuffed with Rice, Beer Battered Bread, and fireworks. Evening activities include live jazz music, silent auction, Minot Venue, and tomato displays courtesy of Minot/Place Foods. This is a community fund raiser, which benefits non-profit organizations. Including the Minot Public Library, Tuleur Museum of Art, and the Minot Symphony Orchestra. \* Sponsorships are sold to area businesses and individuals. Ten tickets are included in a sponsorship, priced at \$250. Individual tickets are \$25 in advance and \$30 at the door. All net proceeds from ticket sales and the silent auction are directly granted to the sponsoring organizations. There are no

valued positions related to the festival.

\* Home offered on the silent auction include activities such as event tickets (sports, theater, and music), restaurant meals, BMF activities, lesson camps, and vacation trips. We have expected to include art, furniture, book bags, memorabilia, and other selected high ticket items. Auction proceeds have ranged from \$14,000 to \$20,000 in the past 3 years. Since 2003 over \$458,800 has been raised. For more information please email [info@minotfestival.org](mailto:info@minotfestival.org) or call Jerry Kopp. Minot Public Library: 855-1045 Nancy F. Walter Tuleur Museum of Art: 834-6445 Poudre Valley - Minot Symphony Orchestra: 834-4234

Aug. 14

**Senior Sales at the zoo**

Aug. 18 to 17

**Rock the Leaves Festival Scandinavian Heritage Park**

## MENARDS® YOUR Home Improvement Store!



Building Materials • Hardware • Electrical • Millwork • Paint • Plumbing • Floorcoverings

# MINOT'S A REAL TRIP!

We're ready for you.

## Fun-filled North Dakota State Fair is just around the corner

Minot's claim to fame annual event is right around the corner. With rides, foods and fun games, guests return each year for nine consecutive days of non-stop entertainment.

"We really pull ourselves in having something for everyone, all ages and all types of people," said Jennifer Helling, North Dakota State Fair marketing director. "No matter who you are, if you come out to the North Dakota State Fairgrounds, you can find lots of things to enjoy."

The week-long flurry of events and entertainment kicks off on July 18 and lasts through until July 26. Live entertainment will be featured almost every night and includes some big name performers like Lady Antebellum, Hanky Panky and Brad Paisley. These performers and more are included within the purchase of a Grandstand Showpass.

Separate from the Grandstand Showpass, will be performances from John Mellencamp and

Three Days Grace.

The event will be jam-packed with special events for people of all ages and all interests. With events like an essay contest, bean bowl, a cake decorating contest, clown contest, fruit and vegetable carving contest, 4-H fair festival, hot dog eating contest, and even wrestling championships, there was truly a dull moment on the fairgrounds.

For those in a tight budget, several coupons and promo codes can be found on the website's plan sections. These promotions allow for half-price gate admission, 10 per cent off on food and drinks at NDM Food Village. Once inside the fair many contests, displays and performances are free of charge.

Helling says this year's fair will feature some innovative, digital contests and competitions that will be interactive and link fair goers to social media and play to sharing. The fair uses both Twitter and Instagram to get those

attending interacting with social media to eventually receive prizes. Guests will be given out for the better contest throughout the week, as long as you are @MinotStateFair.

"We do have a lot of non-competitions that guest houses' even feature. Most are targeted at children, but again there is something for everyone," Helling confirmed. "Some of our new events include lady cake eating, an amateur chili cupcake decorating contest, a hip-hop hay braid race and even a water balloon."

The traditional agriculture fair events will be back again this year with cowboys, competitive cowboys like barrel racing, a horse pull, a pony pull, 4-H exhibits, barrel racing, team roping and more.

Since it started in 1905, the North Dakota State Fair has grown in size and popularity. A staff of about 18 workers are year-round planning and a volunteer, and during the week of July 18-26, the fair will employ more than 100 people. A

lot of staff, hired employees, supervised costs, vendors, and volunteers will be working together to run the event.

North Dakota State Fair 2016 concert lineup, entertainment schedules, exhibit entries, and ticket information can all be found online at [www.ndstatefair.com](http://www.ndstatefair.com).

### Grandstand Lineup

- July 18 - Lady Antebellum - 8 p.m.
- July 19 - John Mellencamp - 7:30 p.m.
- July 20 - The Charlie Daniels Band - 7:30 p.m.
- July 23 - Randy Houser - 7:30 p.m.
- July 24 - Florida Georgia Line - 7:30 p.m.
- July 25 - Three Days Grace - 7:30 p.m.
- July 26 - Brad Paisley - 7:30 p.m.



**900 24<sup>th</sup> Ave. SW, Minot, ND 58701**



**Newly Renovated Rooms**

- Complimentary Deluxe Hot Breakfast
- FREE High-Speed Wireless Internet
- All Rooms have Microwave/Fridge
- CABLE TV with Showtime, ESPN and Major News Networks
- Marriott Rewards Frequent Traveler Program
- Near Dakota SQUARE Mall and Several Restaurants

**FOR RESERVATIONS: (701) 838-2424**

[www.marriott.com/mtb](http://www.marriott.com/mtb)

**HEATED  
INDOOR  
POOL**

## Great deals all year at the



- Canadian AT PAR rates all year (call for details)
- Exclusive packages on our website
- Close to the best shopping and food in Minot
- Full hot breakfast and free wireless Internet
- Expansive apartment-style suites
- Outdoor patio with gazebo, fit pit, and fire place
- Hang in the House's Pub located in the lobby
- Social hour including complimentary beverages from the pub Monday through Thursday
- Voted #1 in Minot on TripAdvisor





## Canadian AT PAR rates

1009 23th Ave SW, Minot, ND 58701  
For reservations: (701) 837-1500 or  
[reservations@nobleinnhotels.com](mailto:reservations@nobleinnhotels.com)  
[www.nobleinnhotels.com](http://www.nobleinnhotels.com)



# MINOT'S A REAL TRIP!

We're ready for you.

## Roosevelt Park Zoo prepares to open for 2014 season

By Jessica Mose

### LEAP Spreading Positivity

The staff and crew at the Roosevelt Park Zoo are preparing to show visitors with changes and add-ons to the beloved terrarium attraction. The zoo, which opened in 1926, has been a family outing hotspot each summer.

"We're going to have another summer with construction on site to the flood of 2011, but we expect to welcome you back last year, it is a significant change. At this point, however, we have about ten minutes back and now this year we have six out of that here," said David Merritt.

Also expected by the end of the summer season are some new exhibits. One of these will be a Japanese Mountain goat called a Texas. Unique from other goats, the Texas looks more like a wolf when seen head on. They are also just as feisty as other goats, with quite the

personality.

Another addition this summer is the return of the Burgo. Although they are limited on reaching the Burgo, it is for good reason. One of the Burgo's transplants in the summer of 2011 got pregnant and was unable to travel. The Roosevelt Park Zoo Burgo will be back before the season and for all to see.

The need of new animals is always existing, but for Merritt the most exciting thing is the zoo's future in a brand new exhibit.

"We have a very solid understanding of the moment this exhibit is going to be. The original zoo building is an awesome building that was built when the zoo opened. It has significant historic value to people who have been at Minot all their lives. It was the entire zoo for several decades," said Merritt. "It was very beautiful from the flood as it divided it needed a raise and to be as high as possible. We decided we are going to raise up an entry inside. It is the perfect building

for that. There will be many new exhibits, renovations and sounds when it is completed."

Of course, another exciting addition is the return of the summer evening program. Unable to hold the program for the last few years, the team had more time to prepare and get excited for the summer of 2014. Children are invited to the Zoo to hear a story and have an opportunity for a "hands on" interaction with some of the chosen animal ambassadors. Admission to this event is \$2 for members and \$3 for non-members. The schedule can be found online.

Purchasing a Zoo membership has great benefits. In addition to getting in free to the ever changing zoo all season, members also get discounts on events, zoo camp, and a 10% discount on our gift shop. All of which don't know if that the zoo can also get the members to many other areas in the United States for free or half off.



For more information on the Roosevelt Park Zoo and this summer's events and exhibits, visit [www.rpzoo.com](http://www.rpzoo.com). New and exciting things are happening each day.

LOCATED  
ON BEAUTIFUL  
LAKE SAKAKAWEA

AND SO MUCH MORE!

DINING TO REMEMBER IN THE BISON ROOM.  
LUNCH SERVED WEDNESDAY THROUGH FRIDAY.  
DINNER WEDNESDAY THROUGH SATURDAY.

MARINA & BAIT SHOP WITH ADDED GOLF SIMULATOR

LAKESIDE CABINS AVAILABLE TO RENT

RV PARK WITH OVER 115 HOOK UPS

**4 BEARS**  
CASINO & LODGE  
4 MILES WEST OF NEW TOWN, ND

4BEARSCASINO.COM • 800.254.5454

PLAYERS  
CLUB  
GAMING FLOOR

OVER 600 SLOTS,  
ALONG WITH A NEW CENTER HALL &  
TWO BARBECUE TABLE GAMES

LODGING

220 ROOMS

WIFI, TV, LAUNDRY, STEAM ROOM  
& BREAKFAST BISON

BISON  
ROOM

RESERVATIONS  
WELCOME

CALL 701.491.1540

# MINOT'S A REAL TRIP! We're ready for you.

## Where to stay

### Baymont Inn & Suites

701-432-5108  
5405 26th Ave SW  
Minot, ND

### Best Western Kelly Inn

701-452-4308  
2510 26th Avenue SW  
Minot, ND

### Black Butte Adventures

(701) 526-2226  
1975 43rd St  
Verlin, ND

### Candlewood Suites

701-456-7790  
3605 43th Ave SW  
Minot, ND

### Casa RV Park

(701) 852-9252  
5108 Hwy 2 & 52 bypass  
Minot, ND

### Comfort Inn

701-452-2361  
2515 22nd Avenue SW  
Minot, ND

### Comfort Suites

701-852-6780  
401 22nd Ave SW  
Minot, ND

### Courtyard Inn & Suites

701-837-1520  
1596 22nd Ave SW  
Minot, ND

### Dakotah River Bend & Breakfast

701-438-2548  
510 4th Ave NW  
Minot, ND

### Days Inn

701-452-3644  
2183 4th Street SW  
Minot, ND

### Expressway RV Park

(801) 852-4803  
717 21st St SE  
Minot, ND

### Fairfield Inn

701-838-2424  
504 24th Ave SW  
Minot, ND

### Fairview Lodge

701-452-4448  
1580 Burdock  
Superior East  
Minot, ND

### Four Points by Sheraton

701-438-5200  
2568 South Broadway  
Minot, ND

### Grand Hotel

701-452-3161  
1565 North Broadway  
Minot, ND

### Guest Lodge

701-452-5688  
1517 North Broadway  
Minot, ND

### Hampton Inn & Suites

701-438-5108  
5408 N Broadway  
Minot, ND

### Hillcrest Motel

701-452-5254  
5414 South Broadway  
Minot, ND

### Holiday Inn - Riverdale

701-452-2566  
2368 Burdock Expressway E  
Minot, ND

### Holiday Inn Express

701-437-1203/80 37th Avenue SW  
Minot, ND

### HYATT House

701-438-7300  
2361 Landmark Dr NW  
Minot, ND

### LaQuinta Inn & Suites

701-437-7500  
5105 26th Ave SW  
Minot, ND

### Mega City Hotel

701-438-4848  
1581 S Broadway  
Minot, ND

### Midway Inn

701-452-8294  
5712 26th Ave SW  
Minot, ND

### Minneton Inn & Suites

701-435-2200  
414 37th Ave SW  
Minot, ND



**PRESENT COUPON! CHECK-IN TO RECEIVE**

**10% OFF**

STANDARD RACK RATES

Not extendable. Excludes taxes and fees. Not valid with other offers or discounts. Only valid at the My Place Hotel.

All Suites with Fridge, Microwave, 2-Burner Cooktop, Coffee Maker, 30" Flat Screen TV, Free Wi-Fi, Outdoor Living Area with Grill

Hwy. 83 S. to 37th Ave. - 3501 4th St. S.W. - Minot, ND 58701  
(701) 830-2300  
www.myplacehotels.com



**KELLY INN**

1510-26th Avenue SW Minot, ND 58703



Swimlane Pool and Hot Tub

- 100 guest rooms with coffee makers, iron and ironing boards
- Private hot spring water and whirlpool saunas
- 100% non-smoking
- Pet friendly
- Heated outdoor swimming pool with large hot tub
- Minneton's Reception
- Movie Room 5:00pm
- Pet-friendly
- Adjacent to Dakota Square mall and numerous restaurants
- Free high speed internet access in all guest rooms and public areas

### TOLL-FREE RESERVATIONS

1-800-735-5868

E-mail: minot@kellyinn.com

Phone: 701-852-4300

Fax: 701-838-1234

www.bestwesternminot.com

Your  
*Grand*  
experience  
is waiting

**Make your Grand getaway This Summer**  
and enjoy a special rate of **\$99.95** — plus complimentary breakfast! Just call us to book your stay, then bring this coupon in with you.\*

**Offer valid: Jun. 14 - Aug. 31, 2014**

Promo code: SR0614001

\*Limit 4 per room, must call to book with special rate

blackout dates may apply and rate is not eligible during the time of ND State Fair. Expiration date of 8/31/14.



1508 N Broadway Box 777  
Minot, ND 58703  
832 3111 • 800 735-4412  
GrandToursMinot.com

# MINOT'S A REAL TRIP! We're ready for you.

## Where to stay

Continued from Page 3a

### My Place Motel

781 ESR 2350  
5501 16th St SE  
Minot, ND

### Norfolk Inn

781 ESR 1550  
1800 28th Ave SE  
Minot, ND

### Pet's Campground

(781) 850-0500  
2875 27th St SE  
Minot, ND

### Requiemer Campground

781 ESR 3542  
5825 6th St NW  
Minot, ND

### Select Inn

781 ESR 3013  
225 22nd Ave NW  
Minot, ND

### Sears Inn

781 ESR 1500  
1215 28th Ave SE  
Minot, ND

### Sleep Inn & Suites

781 ESR 3000  
2480 28th St SE  
Minot, ND

### Sears Valley Suites

781 ESR 3000  
550 33rd Ave NW  
Minot, ND

### Staybridge Suites

781 ESR 0852  
1800 South Broadway  
Minot, ND

### Super 8 Motel

781 ESR 1817  
1215 N Broadway  
Minot, ND

### Suites in the View NW

Park  
781 ESR 0870  
1510 28th Ave SE  
Minot, ND

### The Vegas Motel

781 ESR 0808  
2315 North Broadway  
Minot, ND

## FREE Concerts in Minot, ND – Why not?

"Acts in the Parks" concerts are held every Thursday at 7 p.m. and Sundays at 4 and 7 p.m. in Oak Park beginning with the Minot City Band June 16th and ending with everyone's favorite, the all-star, "No the Hay" August 17th. Call the Minot Area Council of the Arts at (701) 852-2187, or visit [www.minotparks.com](http://www.minotparks.com).

## 'See you in Minot!

### June

- 26 Voices of Arts/Linda Olson, poetry
- 25 City Band/Thomas O'Brien, wind banding

### July

- 3 Manuel Delgado/Doloresa Franco Location: Ward County Historical Soc (Adjacent to ND State Fair grounds)
- 4 Marsha Olesons/Heidi Elington, painting
- 14 City Band "Folklore Concert"/Janiak - live
- 13 The Swing Band of Minot/Kurtis Riley, crooners
- 17 City Band "Jazz"/Marci Zwilling, cabaret/Dana Harris, Jazz & Originals
- 21 Minot Band/Tina Holmstead
- 24 The Dance Company/Mary Hankins
- 27 GreenMan Band/Emily for Country Amateurs
- 31 Marsha Mopius/Kathleen Canning-Gibson, handmade envelopes

### August

- 3 Dakota Fire Band/Denny Alexander Smith
- 7 "No the Hay" Featuring the Trubekians/Debra O'Brien classic country  
 later: Bands by Sons of Whiskey/Open, ballads and more by St Peters

## Minot Parks: THINK SUMMER!

The summer sunshine is here and the Minot Park District is excited for the season ahead. The Roosevelt Park Zoo is open and ready for you. We are thankful for visitors to see all the improvements that will be coming to the Zoo in 2014. Construction has started on the Penguin & Other Exhibits as well as the New Aviary.

The Sears Valley Golf Course has 18 holes open for golfers of all ages and levels to enjoy. To

reserve a tee time contact us at 701-857-4189. The kids can also enjoy a round at Jack Horner Wee Links, a real nine hole golf course designed specifically for kids.

The Roosevelt Park Pool along with the Oak Park Splash Pad are a perfect way to cool off in the hot summer sun.

For more information on our parks and trails please visit our website at [www.minotparks.com](http://www.minotparks.com) or contact our office at 701-857-4138. Make sure to tag your park photos at #MinotParks.



[www.minotparks.com](http://www.minotparks.com)



## MINOT'S #1 HOTEL CHOICE OF CANADIANS 10 Years in a Row!

- Connected to the Dakota Square Mall
- Over 85 retail stores
- 16 restaurants within one kilometre
- Movie theatre
- Free Wi-Fi
- Pet friendly
- Fridge and microwave in every room
- 176 Rooms, 56 Suites
- Home of Splashdown Dakota! 24,000 square feet of pools, waterslides and hot tubs located right at the hotel!



visit the Sleep Inn for any reason during any season!  
Free Parking and Free Shuttle to Airport/Shopping!

CALL TOLL FREE  
**1.800.SLEEPINN**

MINOT, ND, USA – CALL THE INN DIRECT AT

**1.701.837.3100**

# IN THE CITY

W JUNE 21, 2014 — 1:01 P.M.

## Falling for you



Savanna Washington (bottom) fell after Leanne Langan (center) won a game of musical chairs at a National Aboriginal Day event held in Westgate Centre in Regina, on Friday in Saskatoon, S.C.

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# PAULINE MINEVICH

## Art of Immersive Soundscapes

Ever since I was a child, I've loved listening to radio dramas. I still do. I like to close my eyes and let everything except the narration, but I am also fascinated by the sound effects.

Whether it's a ship at sea in a storm, someone walking along a busy city street in the rain, or the wind whistling through trees in a quiet forest, sound creates vivid mental images that are all the more true because there's no set picture to go with them. Your imagination can run wild.

I think that's what gave me an interest in soundscapes: the subject of this book of collected essays, *Art of Immersive Soundscapes*.



Co-editor Pauline Minevich

What is a soundscape? Any thing you want it to be. Perhaps it's a recording made while walking through a park in the winter, where all you hear is the crisp

crunch of the snow beneath your feet. Or perhaps it's an imaginary world created with imagined sounds.

Either way you're immersed in the interior world of the artist, so that's where the term "immersive" comes from. We try to listen more closely to the world around us.

What might a soundscape of Regina sound like? We'd have to have the distractions around that squeak the morning skates, the grove breaking as they start their seasonal journey south.

I think you'd also have to include the roar of the crowd at a hockey game.

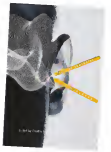
Several years ago the University of Regina hosted a workshop

not a conference on immersive soundscapes, and they generated this book.

My co-editor Eliza Waterman, and I wanted to capture not just academic writing, but also artistic statements and samples of their work, so the book includes a DVD that you can enjoy on a 5.1 surround sound.

We hope that after reading the book people will think more deeply about their personal soundscapes and enjoy finding new sounds.

*Art of Immersive Soundscapes* is available from McNally Robinson Booksellers, university bookstores and online at [www.waterpress.ca](http://www.waterpress.ca).



Bringing you a Taste of Paris...

# Marokena

crêpe café

FOR BREAKFAST, LUNCH, SUPPER OR DESSERT

5950 Rochdale Blvd.  
(306) 352-7373

Carpet Cleaning Special **Alpine** CARPET CARE

# \$75.00

Expires July 29<sup>th</sup> 2014

Living Room & Hallway

OTHER SERVICES: Rec Rooms starting @ \$95, Area Rugs, Bedrooms (\$20/room), Upholstery, Tile & Grout Cleaning

**NO HIDDEN CHARGES or UPSells**

**(306) 543-1750**

Todd Lantz  
Owner/Operator

**Full Time/Part Time Employment**

If you enjoy fresh air, exercise, good wages/benefits and meeting new people

For an application or more information call or contact us online.

**REGINA REGIONAL OFFICE**  
122 Albert Street (Alpine Village Mall)  
Phone: (306) 757-0998  
[www.commissionaires.sk.ca](http://www.commissionaires.sk.ca)

**Vintage Vinyl & More Emporium**

2335-12th Ave. REGINA (306) 347-3111  
132 Main St. Moose Jaw (306) 693-2222

**OPEN 7 days a week**

- Classic to Modern Records, CDs & Tapes
- T-Shirts • Hoodies & Tin Dye Hoodies • Vintage Tin Dye Selection
- Vintage Products • Vintage Jewelry • Patches
- Records • Tapes • Records • Rock Tapes & Accessories
- Vinyl & Record Tapes • so much more!

Top \$\$\$ Paid for Quality Records/CDs & Tapes



Presented by  
**Mosaic**

thequeencityex.com



**JULY 30 - AUGUST 3**



MAISON CHARDON  
**LIVE STAND**



**BRET MICHAELS**



**DAYTRIPPER & GATE PASS**  
**ON SALE NOW**

PURCHASE YOUR EARLYBIRD PASS UNTIL JULY 14

ON SALE AT

**SAFeway**



Sherwood

**NEW THIS YEAR BUY YOUR PASSES ONLINE**  
VISIT OUR WEBSITE FOR MORE DETAILS

DON'T MISS

**EX-PLODE**  
INTO THE EX

TUESDAY, JULY 29 - Parade at 7pm and fireworks at dusk

# SHARP EATS

See a food trend you think deserves a highlight? Email [QC@leaderpost.com](mailto:QC@leaderpost.com) or visit us on Facebook

## # SASKATCHEWAN FOOD TRENDS

### Five Caesars that drink like a meal

By QC staff

The Caesar is the king of Canadian cocktails. Virtually unknown outside of our country, it's a spicy concoction of vodka, Clamato juice, Tabasco and Worcestershire sauce. It's served in a salt-rimmed glass and topped with a lime, you'll often find a celery stick, jalapeño, asparagus or spicy bean for something to nibble on as well.

Clamato is what really makes the Caesar unique. The American version, a Bloody Mary, uses tomato juice — a no-thick thicken that hasn't really caught on in Canada. It's not just the Caesars either. Clam is to beer as what Ranch dressing is to hot wings.

According to Wikipedia, Walter Chell, a restaurant manager at what was then the Calgary Inn, created the Caesar in 1969 for the hotel's new Italian restaurant. Chell's Italian ancestry inspired the drink's ingredients and the name (from a Venetian pasta dish that uses a mixture of clam and tomato sauce). Chell soaked shrimp in salt to speed tomato juice and the Caesar was born.

Caesars aren't something most drink all night. Rather, it's a perfect drink to have while you wait for your meal to come because you get a little snack right in the glass!

Lately though, industrious bartenders have been making Caesars to rival the appetizer plates on their menus. Where the trend started is unknown, but the over-the-top garnish has arrived in Saskatchewan.

Read on for our five favorite Caesars that drink like a meal.



The Colossal Caesar at the Bell in Weyburn is Saskatoon's go-to for a big drink.



# SHARP EATS



Flip Eatery & Drink: go to page 16 by KATHY MARTIN



Sterling's Vodka and Ale House in Regina serves Cajun cocktails. go to page 16 by KATHY MARTIN



The Cathedral Village Freehouse in Regina serves Cajun cocktails. go to page 16 by KATHY MARTIN



The Cozy Mary from Bebbington's Vodka and Ale House in Saskatoon. go to page 16 by KATHY MARTIN

## FLIP EATERY & DRINK 1010 Hamilton St., Regina

**WHAT'S IN IT?** Their homemade 'Cajun' is made of tomato sauce, Clamato, Worcestershire, celery salt and lemon juice. Get a vet traditional vodka or tequila which pairs well with the house-made tomato sauce. Garnished with pickled jalapeños, a wedge of lime and their house-made beef jerky.

**PRICE:** \$8.50

**WORTH THE PRICE?** If you really want a Cajun then yes. If you're open to a different beverage, we can think of others that do better (the old fashioned, for one). The spice doesn't overpower the smooth tomato flavor (except when you bite into the pickled jalapeños, which loses none of its kick despite being pickled). The highlight is the smoky sweet beef jerky made around the corner at Salt.

## CATHEDRAL VILLAGE FREEHOUSE 2062 Alton St., Regina

**WHAT'S IN IT?** The juice: Clamato, vodka, pickle juice, Frank's Red Hot (instead of Tabasco).

The garnish: Pickle, lemon wedge, lime wedge, olive, jalapeño slice. The mix: Their [yet-to-be] remade Cajun marinade is that good. A mix of Montreal Steak Spice, celery salt, Frank's Red Hot serrano and lemon pepper seasoning.

**PRICE:** \$5.75 or \$3 on Sunday

**WORTH THE PRICE?** Yes!

Even like a garnish this one is for you, but even once you get through the garnish, it's glass, the drink is worth it! The pickle juice and hot sauce give the traditional Cajun a nice kick—as does the citrus garnish when squeezed.

Unfortunately for Cajun lovers, the usual Sunday brunch is on hiatus for the summer. But make a point of visiting the Freehouse for the special brunch-Cajun, which is garnished with bacon (minimum: bacon).

## BEBBINGTON'S VODKA AND ALE HOUSE 3625 E. St. John St., Regina

**WHAT'S IN IT?** Vodka, Clamato, Worcestershire and Tabasco. Garnished with a pickle, pappadum and lime wedge. Remixed example: celery salt.

**PRICE:** \$5.75

**WORTH THE PRICE?** Maybe. — If you can get a drink anywhere these days for less than \$6, that's a decent deal.

They call this Cajun "world famous," which we think is a stretch. But if you're looking for a no-frills, classic Cajun, this is probably it. There's nothing out of the ordinary from the place of celery salt net to the glass of Clamato. The place loves vodka in its name, so you can toast up your Cajun with citrus or infused vodka.

## STWELVE LOUNGE 612 Spadina Ave., Saskatoon (in the Situation)

**WHAT'S IN IT?** Their signature Crazy Mary made of bacon infused vodka and bourbon with Clamato and spice, is rimmed with sea salt and pepper and garnished with cheese, beef jerky, a pickle, an olive and a pickled onion.

**PRICE:** \$10

**WORTH THE PRICE?** As long as the thought of a \$10 cocktail doesn't turn you off or principle, that one is worth taking on. There's a garnish for the price. The garnish alone is an undertaking, with each element playing off the drink itself in a different way. The cocktail itself is quite busy (something we'd call a plus) with a distinct smoky flavour. From the bacon infusion the bourbon to both.

## BELL 'N WHISTLE 243 Second Ave. S., Saskatoon

**WHAT'S IN IT?** The hot date, firstly named Cajun, is a mix of vodka, Clamato, vodka, signature spice, Worcestershire, pepper, onion, pappadum, jalapeño and a skewer of shrimp, pickled garlic and smoked cheese.

**PRICE:** \$6.75

**WORTH THE PRICE?** Yes. The best part about the Cajun is the mango, red pepper spice (remember it's a fire, a little version of this sweet chili sauce except it's spicy) and a mix of a punch. Once all the mix is gone though, it's just another Cajun. What the skewer isn't quite as classified as 'Cajun'. It's a nice touch, especially the smoked cheese and pickled garlic. However, the overcooked shrimp was rather flavourless.

## #ASK ELLIE

# When online dating, let instinct be your guide

**Q:** I've been divorced for a couple of years and decided to try online dating. I'm a fairly confident woman, so I was very careful in deciding which profiles I'd respond to.

One man passed my scrutiny and we had several pleasant online chats. I agreed to a first personal meeting over coffee in a public place.

That day, I received a reminding email about how excited he was to meet me, how well suited we were, and urging me to come to his place as it was better for him to alone to really get to know each other.

I didn't even reply. I know some online meetings have led to happy results, but I'm sure there are plenty of predatory types. Like this guy who are able to hook someone's interest and have them into an unsafe situation, such as he was doing.

I offer this as a warning to online daters: Don't let your guard down and agree to any thing your gut knows is possibly dangerous.

## Trust Your Gut

**A:** Thanks for the alert. It's good to remind others from your personal experience that despite hearing about successful online connections, far more turn-out to be a waste of time, misleading fantasy, a downright scam or potentially harmful.

**Q:** My son married earlier than planned due to an unexpected pregnancy. The quickly seeded dream wedding was organized and turned out lovely.

All went well until after the baby was born, and her mother came to visit and stayed for the baby's first month. Since after, I felt in increasingly uncomfortable and uncomfortable but attributed it to hormonal or postnatal issues.

Suddenly my daughter-in-law stated that she's not attending a family function due to the "tension" between her. I was shocked especially when my son turned on me as well.

When asked to clarify she mentioned "things" that happened during the wedding and a baby shower I'd hosted, that have no true basis in fact.

She threatened me with not seeing my grandson. My son says there's nothing he can do.

My husband visits unexpectedly and is welcomed. We've all been to something and were advised to leave them alone, that they'll turn around when ready. That was six months ago.

I feel less angry with my son for not standing up for his family. He's also rejected his sister, who was always there for him, and he warned her that he didn't think he could at

## Ask Ellie



lead her wedding later this year.

What can I do if she's not willing to see or talk to me and my son has turned his back on me?

## Deserted Grandmother

**A:** It's a tough situation and as you do, I know what caused this sudden, severe breach. The consulting only addressed the immediate steps.

Perhaps your husband could have a casual chat alone with your son, and ask if he knows the true origins of her position to you.

There may be some actual misinterpreted of how you can apologize for just to break the ice. Or your son may believe something false, and while he has to support his wife, can he they could assure him that you didn't create this rift.

If your husband is diplomatic and caring enough, your son may open up and tell more of what's really going on. Then you and your daughter, too, can have a better understanding of his behavior in all this.

Meantime, acknowledge the child's rift stems with small gifts that his grandmother can deliver, so your interest in your grand son remains clear.

**Q:** I'm a man, 68, and married over 35 years. When my wife and I make love, which isn't very often, she always turns her head away when I go to kiss her.

I tell her I love her every after we come home from work but she just responds, "yes."

Why would she turn her head away when I go to kiss her? I know she's not obligated to say she loves me.

## Rejected Kiss

**A:** This may be a different response from that of the past, to cause you to retreat. Try to think of what's changed around the time she started turning her head away.

If it's related to the timing or infrequency of lovemaking, perhaps there's been a hormonal change, or even depression associated with menopause.

Talk to her instead of seeking a kiss. Ask her how she's feeling, and show a desire to understand about how well being you may learn more.

# ePaper

it's just like  
reading  
the paper

Try it FREE  
for 30 days. 10¢/week thereafter.  
Included for current print subscribers.



Enjoy a full-featured replica of  
the Leader-Post print edition  
on your tablet, smartphone or laptop.

[leaderpost.com/epaper](http://leaderpost.com/epaper)



DOWNLOAD OFFLINE LISTEN COMMENT TRANSLATE SHARE

LEADER-POST



## Next week in **QC**

How the Saskatchewan Roughriders' former board chair, Roger Brandvold, helped trigger the team's current era of prosperity

## The Big Apple Raffle

Experience New York City for 5 days and 4 nights!



**GRAND PRIZE:**  
Trip to New York City for 4  
August 17th-21st 2014

**INCLUDES:**

Return airfare from Regina for 4  
Accommodation in Times Square  
4 tickets to Cubs vs. Mets  
4 tickets to Astros vs. Yankees  
4 tickets to Broadway Show Jersey Boys  
\$2,000 US Cash

**Tickets can be purchased  
at any home game or  
by calling 721-0666**

**\$20 per ticket**

**Only 2500 being sold  
Tickets on Sale Now!!**

**OR**  
**\$5000** cash in form  
of trip

**Draw Date:**  
July 25th 2014

## EVENTS

What you need to know to plan your week.  
Send events and photos to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

## Wednesday, June 25

**Wednesday Night Folk: The Wrong Omar**  
Bushmanke, 2206 Dewdney Ave

**Weylbeck Wednesday with Leather Cobs**  
Muhally's, 2226 Dewdney Ave

**Leony Slagger**  
Artful Dodger, 1631 11th Ave

## Thursday, June 26

**Filipode**  
Featuring The Bunkie and guests  
1 p.m., Flip Garage, 1800 Hamilton St.

**The Valentines**  
The Pump, 661 Victoria Ave E

**Rivertime**  
Crestview City Centre  
1613 Hamilton St.

**Redeemer's Annual Salute to Canadian Music**  
Alzheimer's Society Fundraiser  
Muhally's, 2226 Dewdney Ave

## Friday, June 27

**Royal Tusk**  
Artful Dodger, 1631 11th Ave

**Dangerous Cheese**  
Muhally's, 2226 Dewdney Ave

**The Valentines**  
The Pump, 661 Victoria Ave E

**4x4 Fridays**  
YGR, 1475 Toronto St.

## Saturday, June 28

**Rocked Flats**  
Sands Centre  
1100 Elphinstone St.

**Midweek's Best**  
Benzin's, 4634 Albert St.

**Flier**  
The German Club  
1127 St. John St.

**Coal Creek Boys, Best Gallery**  
Artful Dodger, 1631 11th Ave

**Procity Saskatchewan Showcase**  
Song-writers compete for  
airplay and a slot on Envision Country  
Jamboree mainstage  
8 p.m., Casse-Rouge Show  
Lounge  
1805 Saskatchewan Dr.

**Shamless Warden**  
Muhally's, 2226 Dewdney Ave.

**The Valentines**  
The Pump, 661 Victoria Ave E.

## Sunday, June 29

**Kyle Shogen Band**  
Artful Dodger, 1631 11th Ave

**Dangerous Cheese**  
Muhally's, 2226 Dewdney Ave

## Monday, June 30

**Monday Night Jazz & Blues:**  
**Upstream Jazz**  
Buchwalder  
2206 Dewdney Ave.

**Weekly Drum Circle**  
Instruments provided  
7:30-9 p.m., The Living Spirit  
Centre, 3401 Dean Dr. Call 366  
306-592-3500.

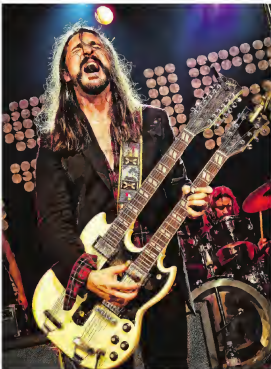
**Open Mic**  
Artful Dodger, 1631 11th Ave

**Gowl, Stone Titan, II**  
The Club at the Exchange  
2430 10th Ave

**JACO the Best Giel**  
YGR, 1475 Toronto St.

## Tuesday, July 1

**Geneste Day Stage**  
1 p.m. — Spellbound (Jin's Captain  
tribute band)  
1:45 p.m. — Waffer  
3:45 p.m. — D&D Mixout  
2:45 p.m. — TSA  
4:45 p.m. — Circles of Revolution  
6:30 p.m. — Wide Mouth Mason  
8 p.m. — Big Super  
Weslona Park



Two of Greater Saskatoon's bands are playing Tuesday on the Canada Day stage — Mike Myles (left) and Big Super (right). PHOTO COURTESY OF BIG SUPER

## EVENTS

## VISUAL ART

## Jean E. Gossner: All Earth Is Mortal Ground

Mortalia-like paintings of natural materials speak to our physical and emotional intimacy with nature.

Opening Reception: June 20, 5-7 p.m.

Featuring Trevor Harvie's reading from his new book *The Road to Hope: A Poetic Pilgrimage* through Nature, Desire, and Soul.

Exhibit until Aug. 28: Art Gallery of Regina, Neil Salkow Civic Arts Centre, 3420 Lefkowitz St.

## Ghislain Ben

Works by Saskatchewan silversmith artist Robert Trudkowski.

Opening Reception: June 26, 5-8 p.m. Exhibit until July 26: Slave Fine Art Gallery, 3078 Halifax St.

## Sheila Kermani Lights, German Artworks

Exhibit June 26: Assiniboia Gallery, 2266 Smith St.

## Gerrit Ann Sheeko: Patterned After Nature

New artworks on wood and paper. Until June 28: Myrtles Gallery, 3708 13th Ave.

## Sweet Tooth

Life stories of confectionery artist. Open Monday to Saturday, 10 a.m.-5 p.m.

## Sweet Tooth

Life stories of confectionery artist. Open Monday to Saturday, 10 a.m.-5 p.m.

## Terrence Osborne: Departures

Exhibit June 26: Assiniboia Gallery, 2266 Smith St.

## Cultured Nations: Ryan Amey

Exhibit until July 12: Regina Art Gallery, 2545 Albert St.

## Members' show

June 30-July 2

## Saskatchewan Artists' Collective 2010 Albert St.

## Essence of Place

The Artists of Scott McLeod Fine Arts. New exhibition quarterly.

Until July 31: Regina Centre Crossing, 1621 Albert St.

## Art in Bloom

Works offer a variety of texture, colour, patterns, and materials.

Until Aug. 24: Mackenzie Art Gallery, 3475 Albert St.

## Mary Pratt

A fine-dance retrospective which celebrates the renowned Newfoundland and Labrador artist.

Until Aug. 24: Mackenzie Art Gallery, 3475 Albert St.

## Emily Vay Duka and Cooper Rattay: Hairs in Everything

A life-sized reflection on the inevitability of death, the existence of God, and the possibility of redemption. Part of Thursday Plus Time.

Until Aug. 27: Dundas Art Gallery-Central Mediatheque, 2211 12th Ave.

## Oakland Oil and Fine Arts Oil and Ink paintings by Chicago artists Lingtao Jiang and Haoyi Tian

2013 Street St. Open Monday to Saturday, 10 a.m.-5 p.m.

## Petrie and the Vipers

June 26: Artful Dodge, 1631 9th Ave.

## The Laugh Shop

Live stand-up every Saturday night, 9:30 p.m.

Kenneth Hotel, 1818 Victoria Ave.

## PERFORMANCE

How to Give Feedback Workshop for poets and performers.



Catch a tribute to Mary Osborne, Don Messer and Charlie Chamberlain by Scott Woods' Old Time Jitters on Friday.

Every Thursday, 7-9 p.m.  
Crestview City Centre, 1843 Hamilton St.

Saskatchewan Express Premier Performance  
June 24, 5-10 p.m.  
Delta Hotel, 10th Saskatchewan St.

## DANCING

Salsa on the Plaza with Reggie Salazar  
June 28, 7-11 p.m.  
City Square Plaza

## Scott Woods Old Time Jitters

Live tribute to Don Messer, Mary and Charlie featuring old time fiddle music, seasonal step dancing and more. \$25, call 306-543-1790, 306-543-8177 or Sals & Splayed for tickets.

June 27, 7 p.m.  
Heritage United Church, 1020N Annapas St.

## Brins Gordon Party

Every Sunday  
McNally's, 3225 Denison Ave.

Margaret Schuler and Family Tradition  
Monthly Old Time Dance Party  
June 30, 7 p.m.  
Crestview City Centre, 1843 Hamilton St.

## FOR FAMILIES

Stress and Striders  
Wednesday, 10 a.m.  
Gremlin Odeon Southend Mall, 3035 Gordon Rd.

Make a Difference  
Caramel baking through behind smiling kindness with a cookie.  
Wednesday, 5-7 p.m.  
Sweet Art Ambrosia Bakehouse, 230 Wilkison St. N.

Drop in Indoor Playground  
Friday, 9-12:30 a.m.  
South Union Centre, 170 Sunset Dr.

Mom and Tot Shared Meetings  
Hosted by Kate Murray, 306-216-2251.  
Friday, 10-11:30 a.m. Early Learning Family Centre, Scott

Collective, 3300 7th Ave.  
Build and Grow Clinic  
Build a special feature project.  
For children age 5 and up.  
Saturdays, 10 a.m.  
Lowden, 4555 Gordon Rd.

Family Funniest Film  
Enjoy a favourite film for just \$2.50.  
Saturday, 11 a.m. Galaxy Cinema, 420 McCarthy Blvd. N.

Family activities  
Saturday and Sunday, 2 p.m.  
Saskatchewan Science Centre, 2002 Powerhouse St.

Family Studio Sundays  
Sunday, 2-4 p.m.  
Mackenzie Art Gallery, 3475 Albert St.

Parent and Preschooler Juggle Jigs  
Monday, 9:30-11 a.m.  
At Regina Family Wellness Centre, 445 14th Ave.  
Moore's Morning Out  
3:00-4:00 p.m. @ swifter@swifter.net

## Mothers of Pre-Schoolers (MOPS)

Rosewood Park Alliance Church: mops@rosewood-park.ca

Regina Newcomers Club  
reginaneewcomersclub@gmail.com

Time Out For Parents  
At Rick's Family Wellness Centre, 2205 Sunday St., 306-525-0869, rtfwp@swifter.net

Y's Women Group  
YWCA, 2450 12th Ave., 306-751-9022

YWCA Regina  
1840 Midway St., 306-525-2341

## MUSEUMS

Allen Young School Museum  
1600 Fourth Ave.  
Tickets by appointment only (306-523-1000).

Civic Museum of Regina  
1378 Seward St.  
Tuesday-Friday 10 a.m.-4 p.m.  
Saturday noon-4 p.m. Closed Sunday and Monday.

Government House Museum & Heritage Property  
4607 Dewdney Ave.  
9 a.m. to 5 p.m. daily.

RMB Heritage Centre  
5907 Dewdney Ave.  
Open 11 a.m.-5 p.m. daily.

Regina Firefighters Museum  
1205 Ross Ave.  
Tour by appointment (306-773-7742).

Royal Saskatchewan Museum  
2645 Albert St.  
Open 9:30 a.m.-5 p.m. daily.

Saskatchewan Military Museum  
1800 Lefkowitz St.  
Open Monday and Thursday, 7-9 p.m. or by appointment (306-367-9397).

## EVENTS

**Saskatchewan Science Centre**

2903 Powerhouse Dr.  
Tuesday-Friday 9 a.m.-5 p.m.  
Saturday: Sunday and holidays, noon-5 p.m.  
Closed Mondays

**Saskatchewan Sports Hall of Fame**

2200 Victoria Ave.  
Monday-Friday 10 a.m.-4:30 p.m.  
Saturday noon-5 p.m.  
Closed Sunday

**OTHER HAPPENINGS****Regina Farmers' Market**

Wednesday and Saturday, 9 a.m.-1 p.m.  
City Square Plaza, downtown

**RCMP Sergeant Major's Parade**

Weekdays, 12:45 p.m.  
SCMD Depot Division, 1600 10th Ave.

**Wentzen Charity Golf Classic**

Business luncheon  
With guest speaker Jon Ryan  
June 25, 10:30 a.m.-1:30 p.m.  
Hawards Ballroom, 1818 Victoria Ave.

**Words in the Park**

Hosted by Saskatchewan Writers' Guild  
June 25, noon-1 p.m.  
Victoria Park, downtown

**Landline and Solutions**

to go in the Park with Yoga  
June 25, noon-1 p.m.  
Victoria Park, downtown

**Market under the Stars**

Regina Farmers' Market  
Evening event: Food trucks, live concerts, celebrity eating contests and more  
July 1, 4-9 p.m.  
City Square Plaza

**Yoga Park**

Monthly Guided Tree Yoga  
June 25, 5-8 p.m.  
Victoria Park, downtown

**Saskatoon in the Park**

Hosted by Saskatoon Association of Saskatoon  
June 25, 6:00-8:30 p.m.  
Victoria Park, downtown

**Regina Red Sox vs. Vexville**

June 25, 7 p.m. Centra Field

**Peony Show**

Grooms, photography, floral design  
June 27, 1:30-5 p.m.  
June 28, 10 a.m.-4 p.m.  
Cathedral Neighbourhood Centre, 2000 13th Ave.

**Culture on the Stage**

Regina Multicultural Council  
presents dance and performance  
June 26, noon-1 p.m.  
City Square Plaza

**Leaps for Life Monday**

Fundraise race with food, beer garden and vintage show and shine  
June 26-27 all day  
City Square Plaza, downtown

**Regina Red Sox vs. Weyburn**

June 26, 7 p.m. Centra Field

**Tai Chi in the Park**

Hosted by Regina Tai Chi Ch' Society  
June 29, 10-11 a.m.  
Victoria Park

**Saskatchewan Roughriders vs. Hamilton Tiger-Cats**

June 25, 8 p.m.  
Mosaic Stadium

**Beer Golf in the Park**

June 26, noon-1 p.m. Victoria Park

**Canada Day Celebrations**

Activities include western Canadian Strongman Competition (1 p.m.), KAGS dog sport show (1 and 3:30), Saskatoon, dragon boat races (at 1, 3 and 4 p.m.), science centre shows, free painting and more  
July 1, 11 a.m.-6 p.m.  
Weslana Park

**Chess in the Park**

Chess games and lessons  
July 1, 10 a.m.-2 p.m. Victoria Park



View these pretty flowers at the Peony Show this weekend at the Cathedral Neighbourhood Centre.

**Ultimate Frisbee Drop in**

July 1, noon-1 p.m. Victoria Park

**Unemployment Governor's Gender Party**

July 1, 1-4 p.m. Government House, 4657 Dewdney Ave.

**Chess Day Challenge**

Drop-in gathering of board game enthusiasts. Every Tuesday 6 p.m. midnight.  
Riverton Plaza, 545 Albert St. N.

**THE FILM****The Case Against 2**

Documentary  
A behind-the-scenes look inside the case to overturn California's ban on same-sex marriage. That over five years, the film follows the unlikely team that took the first federal marriage equality lawsuit to the U.S. Supreme Court.

**Me and You Dreams**

Intervisted teenager Lonnisa tells his parents he is going on a solo trip, but instead spends his time alone in their apartment building's basement. But an unexpected visit from

his older half-sister Olivia changes everything. In Italian with English subtitles.

**Alpha Public Library Theatre**

2211 12th Ave. (306-777-6104)

**Flight of the Butterflies**

Documentary  
Join hundreds of millions of butterflies on an amazing journey to a magic highway in the mountains of Mexico.

**Kanye: Animal Kingdom**

Documentary  
Discover Kanye's famous fauna in their natural habitat.

including the Big Five — lions, African elephants, Cape buffalo, leopards and black rhinos — and gorillas, hippos and cheetahs. Meet two fearless young Maasai and follow them on their ritual safari.

**Isle of Lemurs: Madagascar**

Documentary  
Join scientist Debbie Wright on her lifelong mission to help endangered lemurs survive in the modern world. Narrated by Morgan Freeman.

Komer Inter  
2000 Powerhouse Dr.  
306-522-6878

**NEW MOVIES****Transformers: Age of Extinction**

Action

The fourth instalment the Transformers series takes place four years after the invasion of Chicago. Autobots and Decepticons have all vanished from the face of the planet. But when mechanic Cade Yeager (Mark Wahlberg) and his daughter Tessa (Nicola Peltz) make a discovery that brings Autobots and Decepticons back to earth, they find themselves being chased by government agents and various cybernetic organisms, including the Dinobots.

**Grizzly Christmas**

ABC McCarthy Blvd. N.  
306-522-9056

**Crisper Cider**

South-West Mall Cinema  
2025 Gordon Rd. 306-545-2383

**Reindeer Cinema**

Golden Mile Shopping Centre  
2606 Albert St. 306-399-5250

Event listings are a free community service offered by the City. Listings will be provided 7 days prior.

# OUTSIDE THE LINES

## # Colouring contest

Each week, artist Stephen McKay creates a family-friendly cartoon contest to please kids of all ages.

Children can colour this page, have a picture taken with the finished product and email it to [sc@leaderpost.com](mailto:sc@leaderpost.com). One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Tucker Dyck**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



**Summer Burger Sensation.**



777 ALBERT STREET  
326.775.3200  
[www.gotrickys.com](http://www.gotrickys.com)



**Radical Recipe Cheeseburger**

# GARDENING

# GARDENING IN SASKATCHEWAN

## Passionate about passion flowers

By Lyndon Penner

A few years ago, people started putting tropical-looking plants in their gardens. Far from dying down, this trend continues to gain momentum.

All the chic and stylish gardeners — even on the Prairies — are riding the wave. Hibiscus, oleander, cedar deodars, plumbagos, citrus trees and the like are all making their way on to patios and decks. Depending on what kind of a summer we have, the results can be thrilling or underwhelming. Among the most determined of gardeners, Prairie people have not let the harsh climate and short season slow them down. More and more often, I'm being asked about the use of tropicals as somewhat interest plants or how to overwinter them properly indoors.

One of the most exciting groups of tropical plants is the passion flower (*Passiflora*). These are appearing with surprising regularity at local garden centres. One of the most diverse groups of herbaceous plants in the world, they have an exciting history going along with their exotic and otherworldly flowers.

Have you ever been to Bloor? You purchase a book shelf or a table, it comes in a box and you go home to assemble it piece by piece. A passion flower looks rather like someone went to Ikea, purchased a weary of a flat pack, and took their horse and assembled them into a blossom as best as they could. There is nothing like them on Bloor. They must not have been out of place in the alien Avatar and having one in your garden is magical. There is no other word for it.

Growing passion flowers is a genuine garden is a challenge, but certainly not unattainable and at much I first started growing passion flowers when I was a teenager and though I killed quite a number of them, I eventually figured out how I could make them (somewhat) happy.

The first time one flowered for me I was 18. I was fairly sure that I had just accomplished something outside the realm of possibility. It was one of the most empowering gardening experiences I ever had. Since that time I have grown many at home. Some were easy and rewarding, others were challenging and difficult. All have added value to my gardening journey.

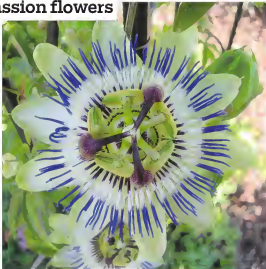
They grow extremely quickly and, in the right setting, can produce the most shocking flowers I have ever seen. They come in white, red, yellow, blue, violet, purple, pink and rose. Some are easier to grow than others, many can be overwintered indoors fairly easily and a few are really exotic.

Getting them to produce fruit (yes, the famous passion fruit) is not something you should count on, but it is not quite impossible either. It's an easy group of plants to add in line with growing a passion flower in bloom in a garden. It is like finding a diamond while digging your carrots.

To keep a passion flower happy and flowering madly, you'll need to find and water them well. Plant them in well-draining potting media. Because they are tropical, they basically need to think they're in South America, a sheltered, sunny spot protected from the wind and cold winds there best. Also, as we provide support for them to wrap their tendrils around and climb up and over.

I have seen passion flowers naturalized in Hawaii. When I lived in Australia, I pulled them out of my garden, so weeds. I never fail to be amazed and perplexed by these gorgeous and extremely destructive plants.

Lyndon Penner, author of *The Prairie Short Season Yard*, will be teaching an especially amazing introduction to passion flowers at the U of S Short week, July 3-12, in Saskatoon. Sign up today at [sask.usgarden.org/shortweek](http://sask.usgarden.org/shortweek), 306-966-5866 for more



Passion flowers are capable of blooming and thriving on the Prairies if given proper care. (PHOTO COURTESY LYNDON PENNER)

gardening tips and for more information on courses and registration.

More gardening questions? Contact Gordon at [306-966-5866](mailto:306-966-5866) or [gardening@sask.us](mailto:gardening@sask.us).

For more information on the Prairie Short week, visit the website at [sask.usgarden.org/shortweek](http://sask.usgarden.org/shortweek). Check out our online board or calendar for upcoming horticulture events (Larson & Lorn of the Prairie Farm garden tour on July 12).



The passion flower fruit is a potent aphrodisiac. (PHOTO COURTESY LYNDON PENNER)



LEADER-POST

# ON THE SCENE

## # ART GALLERY OF REGINA'S FEAST FOR THE EYES

It was a feast for the eyes: a celebration of art of food, and a competition for local chefs.

The theme of the Art Gallery of Regina's annual fundraiser, held June 21 at the gallery in the Neil Bellwell Civic Arts Centre, was a taste of the Caribbean. The evening featured an array of beautiful Caribbean-themed appetizers, created by two chefs from Cathedral Village Prostitute, Bocados, Blee Brothers Gastropub & Deli, Slow Brew Pub and Sports Bar, Walnuts Expressive Catering and Willow on Wheels. The chefs competed for the inaugural rights (and cash) to represent the 2014 Red Plate Awards.

Chef Tim Davies of Willow on Wheels once again received the highest overall vote and was named Best Chef. His jerk salmon cured with curry roasted banana and coconut, custard with basil from also won Most Artistic Presentation.

The audience's choice for the Best Platter award went to Slow Brew Pub and Sports Bar. Chef Walter Ilkowitz served Vilas Dabla Pappas and beer-braised pulled pork with sautéed potatoes and onions.

The Audience Choice Red Plate award went to Bocados. Chef Giffan Denovic served searing appetizer — grilled watermelon and pineapple, finished with a splash of white sangria, a Caribbean tuna bowl — Caribbean-spiced tuna finished with mango, watermelon and toasted coconut salsa, and popcorn cake.

Although not competing in the chefs' competition, delectable desserts were supplied by RCHD Patisserie.

Participating chefs donated their time and culinary creations to help raise thousands of dollars for the public gallery.

The Neil Bellwell Civic Arts Centre was transformed into a Caribbean getaway for the evening, featuring a tall bar, coconut punch and a tropical chest.

All proceeds from the event support programming at the Art Gallery of Regina.

QC PHOTOS BY MICHAEL BELL



# ON THE SCENE WINE WORLD

1. Bear Brothers crowd Justin Oringer, Andrea Szary and Malcolm Oringer
2. Ed Lankau and Marilyn Cullum
3. Lorraine and Leah Lemonbague
4. Brad West and Jasmin Qe
5. David Rostroblich and Kneel Quaye
6. Luke Dean and Terrie Dussard
7. Molly Moss and Barbara McNeil
8. Douglas Stroud and Arla Cameron
9. Yvonne and Koen Sebastian
10. Lari Dabick and Cindy Fitzpatrick
11. David Selinger, Fran Murphy and Jeff Gordale



## #SASKATCHEWAN WINE SCENE

### Refreshing fruit wine from the Prairies

By James Romanow

If you're fond of supporting local industries and perhaps attempting to eat locally, you should make a point of trying the Living Sky Winery produce. They're a fruit winery from Perdue.

People have been making booze out of absolutely everything for easily 3,000 years without a trace. These days most fruit wine has a grape juice base but Living Sky's wine is all local fruits.

Their primary product is a rhubarb wine. They also make a nice black current wine. I'm predisposed to the rhubarb, as all of the home-made products I've had in my life, the only true non-grape wines that were my good — prior to drinking from Living Sky — were dandelion and rhubarb.

The rhubarb wine is a nice refreshing drink made from German wine rhubarb stock. I must confess to ignorance. I had no idea you didn't eat garden variety rhubarb. They harvest up to 40 tons of the stuff in their bushes between July and the first frost. The August harvest has the most sugar so the juice from the three harvests is blended together.

The juice is fermented and left to the tank for about eight months before bottling. (This year's wine is from 2013.) Ron Selzer, the winery's sole proprietor is going. They've aged a small



blended lot. The "rhubarbaceous" results and, she thinks a two-year old wine is the optimum.

It makes a great summer drink and across prairie and beyond. I like it chilled but warmer than fridge temperature. You can get Living Sky wines at the Regina and Saskatoon Farmers' Market and direct from the winery by mail. Door to door wine — now that's a concept I can endorse.

Living Sky Winery's Wine 2014 \*\*\*

More drinks and wine in Monday's paper and gordon.com

## Crossword/Sudoku answers

PASRA	TAROT	GEM
ESTOP	KLIDE	IYV
PLANE	RAPPER	RIM
SANE	COSE	BALLY
INDYCAR	IPADS	
	SANNED	LIEDER
DOTED	ATEON	ORE
BAVY	ARTSY	BRIN
ATV	BLIND	ARMCO
WHIP	CRACK	
BEING	CRIS	ABAS
ALK	HOPPER	SHOES
SIR	TORSI	RENIE
HAS	SWEEN	URALS

3	1	7	6	4	9	8	2	5
9	2	4	5	1	8	3	6	7
6	8	5	7	2	3	1	4	9
8	6	1	4	5	7	9	3	2
5	4	9	2	3	1	7	8	6
7	3	2	9	8	6	5	1	4
1	5	6	3	9	4	2	7	8
2	7	3	8	6	5	4	9	1
4	9	8	1	7	2	6	5	3

